

Claims:

1. A device for recording a dream recollection, comprising:
a housing unit comprising an upper surface;
an activation means having a portion thereof comprising a region of the upper surface, the portion being configured to be readily located in low ambient light conditions; and
an audio recording and playback means disposed within the housing unit and comprising a microphone, a memory component and a device control component, the audio recording and playback means coupled to the activation means so that a first engaging of the activation means causes activation of the audio recording and playback means to begin creation of a dream recollection file, and so that a second engaging of the activation means completes the creation of the dream recollection file by storing the file within the memory component and deactivating the audio recording and playback means.
2. The device of Claim 1, where the portion of the activation means comprises more than half of the area of the upper surface.
3. The device of Claim 1, where the portion of the activation means is illuminated.
4. The device of Claim 1, where the portion of the activation means is textured.
5. The device of Claim 1, where the memory component comprises digital memory.

6. The device of Claim 1, where the memory component comprises removable Flash memory.
7. The device of Claim 1, further comprising dream recollection playback controls.
8. The device of Claim 7, where the dream recollection playback controls comprise a start/stop control, an advance forward control, an advance backward control and a volume control.
9. The device of Claim 8, where the dream recollection playback controls further comprise a file erase control.
- 10 The device of Claim 9, where the file erase control consists of a single button or switch.
11. The device of Claim 1, further comprising dream recollection playback controls comprising a start/stop control, an advance forward control, an advance backward control, a volume control and a display means, the display means configured to provide an identifying indication of a dream recollection selected for playback.
12. The device of Claim 11, further comprising a file erase control consisting of a single button or switch.

13. A method for recording dream recollections comprising:
- providing an audio recording and playback device comprising an activation means, the activation means configured for readily locating the recording device in low ambient lighting conditions without interfering with a person's sleep and playback controls comprising a start/stop control, an advance forward control, an advance backward control, a volume control and an erase control;
 - upon waking from a sleep period, locating the audio recording device;
 - engaging the activation means causing the activation of a record function of the audio recording device for recording a dream recollection;
 - audibly recalling a dream; and
 - re-engaging the activation means causing the deactivation the record function of the audio recording device and storage of the dream recollection.
14. The method of Claim 13, further comprising:
- engaging the start/stop control causing the playback of a dream recollection to begin;
 - optionally engaging the advance forward control and/or the advance backward control to select a desired dream recollection for playback; and
 - re-engaging the start/stop control causing the playback of a dream recollection to stop.

15. The method of Claim 13, further comprising after engaging the start/stop control to cause the playback of a dream recollection to begin engaging the erase control to delete the dream recollection being played back.

16. A device for recording and playing back dream recollections, comprising:

- a housing unit comprising an upper surface;

- an audio recording and playback means disposed within the housing unit and comprising a microphone, a speaker, a memory component and a device control component;

- an activation means having a first portion thereof comprising a region of the upper surface, the first portion being configured to be readily located in low ambient light conditions, and a second portion thereof coupled to the audio recording and playback means, wherein the coupling of the second portion to the audio recording and playback means configured to turn on and turn off an audio recording function configured to store audio signals received through the microphone in the memory component;

- dream recollection playback controls comprising a start/stop control, an advance forward control, an advance backward control and a volume control, the dream recollection playback controls individually coupled to the audio recording and playback means, wherein the individual couplings of the dream recollection playback controls are configured to start and stop playback of dream recollections stored in the memory component through the speaker, to advance forward and backward through recorded dream recollections to provide for selecting a desired dream recollection for playback and to adjust the volume of the playback.

17. The device of Claim 16, where the memory component comprises removable or fixed Flash memory devices.
18. The device of Claim 16, where the dream recollection playback controls further comprises a file erase control configured as a single button or switch.
- 19 The device of Claim 16, further comprising a display means configured to provide an identifying indication for the dream recollection being recorded or being played back.
20. The device of Claim 16, further comprising a USB or Firewire port for coupling to a computing means, the coupling configured for transferring data therebetween.